



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 11005, Arrowhead, raw

Report Date: July 04, 2017 19:10 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.84 Fat Factor: 8.37 Protein Factor:2.78 Nitrogen to Protein Conversion Factor:6.25

Refuse:25% Refuse Description: Skin and sprout

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 large 25g | 1 medium 12g |
|--------------------------------|------|------------------------|----------------|------------|----------------|-----------------|
| Proximates | | | | | | |
| Water | g | 72.48 | 1 | -- | 18.12 | 8.70 |
| Energy | kcal | 99 | -- | -- | 25 | 12 |
| Energy | kJ | 414 | -- | -- | 104 | 50 |
| Protein | g | 5.33 | -- | -- | 1.33 | 0.64 |
| Total lipid (fat) | g | 0.29 | -- | -- | 0.07 | 0.03 |
| Ash | g | 1.67 | -- | -- | 0.42 | 0.20 |
| Carbohydrate, by difference | g | 20.23 | -- | -- | 5.06 | 2.43 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 10 | -- | -- | 2 | 1 |
| Iron, Fe | mg | 2.57 | -- | -- | 0.64 | 0.31 |
| Magnesium, Mg | mg | 51 | 1 | -- | 13 | 6 |
| Phosphorus, P | mg | 174 | -- | -- | 44 | 21 |
| Potassium, K | mg | 922 | 1 | -- | 230 | 111 |
| Sodium, Na | mg | 22 | 1 | -- | 6 | 3 |
| Zinc, Zn | mg | 0.28 | -- | -- | 0.07 | 0.03 |
| Copper, Cu | mg | 0.171 | -- | -- | 0.043 | 0.021 |
| Manganese, Mn | mg | 0.360 | -- | -- | 0.090 | 0.043 |
| Selenium, Se | µg | 0.7 | -- | -- | 0.2 | 0.1 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.1 | 1 | -- | 0.3 | 0.1 |
| Thiamin | mg | 0.170 | 1 | -- | 0.043 | 0.020 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 large 25g | 1 medium 12g |
|--------------------------|------|------------------|-------------|------------|-------------|--------------|
| Riboflavin | mg | 0.073 | 1 | -- | 0.018 | 0.009 |
| Niacin | mg | 1.650 | 1 | -- | 0.412 | 0.198 |
| Pantothenic acid | mg | 0.599 | -- | -- | 0.150 | 0.072 |
| Vitamin B-6 | mg | 0.260 | -- | -- | 0.065 | 0.031 |
| Folate, total | µg | 14 | -- | -- | 4 | 2 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 |
| Folate, food | µg | 14 | -- | -- | 4 | 2 |
| Folate, DFE | µg | 14 | -- | -- | 4 | 2 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 0 | -- | -- | 0 | 0 |
| Retinol | µg | 0 | -- | -- | 0 | 0 |
| Vitamin A, IU | IU | 0 | -- | -- | 0 | 0 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 |
| Lipids | | | | | | |
| Fatty acids, total trans | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 |
| Amino Acids | | | | | | |
| Other | | | | | | |